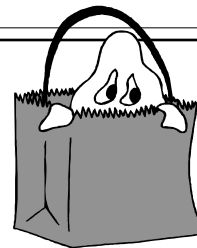





October 2009

Menus Subject to Change Without Notice
Milk served with meal.



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
Brunch and Learn October 6 10:00 a.m. Bagels/Cream Cheese Hard Boiled Egg Yogurt Fruit	NOTICE Congregate lunch contributions are anonymous and confidential. Suggested donation per meal is \$2.50 for those 60+ and \$4.60 for those under 60. Please sign up for lunch one day in advance, especially on those days when the meals are sponsored by a local business. The staff appreciates your cooperation.		1 Swiss Steak Noodles Brussels Sprouts Carrot Raisin Salad Whole Wheat Bread Brownie	2 Sweet 'n' Sour Pork Steamed Rice Oriental Blend Vegetable Chinese Cabbage Salad Cinnamon Raisin Bread Pudding/Fortune Cookies
5 BBQ Chicken Au Gratin Potatoes Spinach Dry Jello Salad Whole Wheat Roll Cook's Choice Dessert	6 Bean with Bacon Soup/crackers Hoagie Sandwich Sliced Cucumbers and Tomatoes Tropical Fruit Cookie	7 Birthday Party Chicken Fried Steak Mashed Potatoes/Gravy Peas and Carrots Cole Slaw Biscuit Cake and Ice Cream	8 Myer's Day Spaghetti/Meat Sauce Italian Blend Vegetable Fruit Cup Bread Stick Lemon Bar	9 Swedish Meatballs Rice Scandinavian Blend Vegetable Tossed Salad/Garbanzo Bean Muffin Peach Cobbler
12 Closed for Columbus Day 	13 Tuna Casserole Mixed Vegetable Biscuit Cole Slaw Fresh Fruit	14 Taco Salad/Guacamole Corn Muffin/Honey Butter Honey Dew Pudding	15 Chicken tenders Mashed Potatoes/Gravy Broccoli/Cauliflower Tossed Salad/Kidney Beans Cinnamon Bread Pumpkin Square	16 Beef Tips Mashed Potatoes Baked Squash Stewed Tomato Whole Wheat Roll Cookie
19 Gillies Roast Beef Mashed Potatoes Spinach Whole Wheat Roll Tossed Salad/Black Beans Mixed Berry Pie	20 Oven Baked Chicken Baked Potato/Sour Cream Capri Blend Vegetable Whole Wheat Bread Pea Salad Brownie	21 Stuffed Pepper Steamed Carrots Biscuit Ambrosia Pudding	22 Meat Loaf Mashed Potatoes/Gravy Green Beans Creamy Cucumbers Whole Wheat Bread Fresh Fruit	23 Baked Ham Au Gratin Potatoes Sliced Carrots Whole Wheat Roll Broccoli/Craisin Salad Coconut Crunch
26 Combination Burrito/Smothered with Chicken Green Chili Salsa Tomatoes and Lettuce Diced Pears Corn Muffin Chocolate Pudding	27 Oven Baked Chicken Baked Potato/Sour Cream Capri Blend Vegetable Whole Wheat Bread Pea Salad Brownie	28 Porcupine Meatball Mashed Potatoes/Gravy California Blend Vegetable Whole Wheat Roll Fruit Cup Cook's Choice Dessert	29 Baked Cod Baked Potato/Sour Cream Key Largo Blend Vegetable Tossed Salad/White Beans Biscuit Cookie	30 Halloween Tombstones Gravied Ghosts Swamp Thing Vegetable Eye Balls Salad Witches Broom Stick Grasshopper Leg Pie